

SMOGGED OUT

It's the second day of a first stage
smog alert
hot and miserable outside
I have pains all over
in my head
on the side of my neck
feel like I'm hung over
or smoked a whole pack last night
but I'm not and I didn't
only one beer yesterday
and no cigarettes for two days
yet I'm wheezing
my heart doing flip flops
just from walking across the room.

I think of that old record
by Ed "Kookie" Burns
KOOKIE KOOKIE LEND ME YOUR COMB
where he says
"I got smog in my noggin"
and decide to put off
my daily lunch hour walks
until this stuff blows over.

It might be wise, in fact
to not even get out of my chair
just sit and breathe slowly
and don't even
think about going anywhere.